

MONTHLY SORTIE GOALS	
961st Airborne Air Control Squadron	
Monthly flying-hour contract	15.0
Hours flown	14.3
Monthly offset	-0.7
33rd Rescue Squadron	
Monthly flying-hour contract	36.0
Hours flown	29.4
Monthly offset	-6.6
909th Air Refueling Squadron	
Monthly flying-hour contract	72.0
Hours flown	70.1
Monthly offset	-1.9
44th & 67th Fighter Squadrons	
Monthly sortie contract	78
Sorties flown	80
Monthly offset	-2
Source: 18th MXOS, as of Jan. 8	

THE KADENA

SHOGUN

Vol. 18, No. 1
Kadena Air Base, Japan
Friday, Jan. 9, 2004

WEEKEND WEATHER

TODAY: Partly cloudy
NE winds @ 12 knots
High: 72 Low: 59

SATURDAY: Mostly cloudy
NE/N winds @ 20-30 knots
High: 70 Low: 59

SUNDAY: Rainshowers
N/N winds @ 12-20 knots
High: 68 Low: 61

FRIDAY MORNING'S
COMMUNITYBANK
EXCHANGERATES
BUYING: \$1=Y103 SELLING: Y109-\$1

18th Wing takes lead in fitness

Kadena staff agencies first to test under new Air Force fitness rules

by Master Sgt. Brad Carder
18th Wing public affairs

Members from the 18th Wing Staff were the first airmen on Kadena to undergo the Air Force's new fitness evaluation here yesterday.

The test was introduced to airmen last July in Air Force Chief of Staff Gen. John Jumper's Fit to Fight Sight Picture.

In it, the general charged unit commanders and senior NCOs with leading efforts from within organizations to ensure physical fitness was a priority. He also told airmen to be ready to take the test Jan. 1, 2004.

One hundred and twelve airmen began the evaluation with abdominal taping at the Risner fitness center, followed by push-ups and crunches in the gym.

Afterward, troops headed to a 1.5 mile run that started near the Marshall dining facility and trekked through base housing before winding up near the dining facility.



Members of 18th Wing staff agencies gathered to undergo the Air Force's new fitness assessment Thursday morning at the Risner Fitness Center finishing off with a timed 1.5 mile in housing.

The entire process took just over an hour for each member to complete.

Brig. Gen. Jeffrey Remington, 18th Wing commander,

said having the staff agencies complete the testing early in the new year was a priority. "General Jumper told us to be ready for the test Jan. 1, so it

is important that we begin the evaluations now," he said. "Fitness is a critical part of the Air Force and we need to get out in front here at Kade-

na." General Remington said he felt that besides providing a measurement of fitness, the test and preparation helped build cohesion and esprit de corps within the units. "You could really see how much people were pulling for each other out here today. Everyone wanted to see people perform well," he said.

Tech. Sgt. Suzanne Black, 18th Wing Military Equal Opportunity office, was one of the airmen who participated in the assessment. "I think the test is an accurate gauge of where your fitness level stands," she said. "When you are on the battlefield you need to know what your physical capabilities are. This new test lets us know that."

General Remington said now that the staff agencies have completed their assessment, it's time for other Air Force units at Kadena to complete their evaluations.

"The Chief of Staff told us to be ready. It's now time to show him we are."

Kadena's Chief Duncan receives Bronze Star

By Master Sgt. Adam Johnston
18th Wing public affairs

One of the "producers" of last Spring's televised shock and awe bombing campaign received the military equivalent of an Emmy here Dec. 30 for his role in helping kick off the second Gulf War.

Chief Master Sgt. Greg Duncan was awarded the Bronze Star in a ceremony at Kadena for his meritorious role in providing coalition pilots with bombs, missiles and leaflet bomblets before, during and after the "shock and awe" bombing campaign in Operation IRAQI FREEDOM.

The chief, a native of Huntsville, Ala., served in Operation IRAQI FREEDOM

"The Iraqi military were shocked and awed by the U.S. military before the war even started,"

CMSgt. Greg Duncan
Bronze Star recipient

as the NCO in charge of the munitions flight with the 332nd Expeditionary Maintenance Squadron at Ahmed Al Jaber Air Base, Kuwait from Dec. 5, 2002 to April 30, 2003.

During that time, the chief also traveled to Talill Air Base, Iraq, to set up another bomb dump there.

At Al Jaber, the chief said he geared up the bomb dump from an inventory of 723,000 pounds of explosives to one

that included over 9 million pounds of ammunition to include Air Force, Marine Corps and British ordnance.

When asked what the layman equivalent of 9 million pounds of explosives is, the chief said the bombing of the Alfred P. Murrah building in Oklahoma City was the effect of about 2,000 pounds of explosives.

"The Iraqi military were shocked and awed by the U.S. military before the war even started," Chief Duncan said Wednesday.

"We dropped a lot of leaflets too which were just as effective. One Iraqi battalion with 12,000 forces we dropped leaflets on surrendered without us having to fire a shot."

See Star, Page 4



Chief Master Sgt. Greg Duncan, 18th Munitions Squadron, receives the Bronze Star from Lt. Col. Thomas Noon, 18th Munitions Squadron commander on Dec. 30 for his actions during Operation IRAQI FREEDOM.



New Year's Goal: mentor one airman

By Maj. W. "Tol" Singer
18th Maintenance Operations Squadron

The Christmas turkey is a dwindling amount of soup, we've logged into FITLINXX, and now what?

Now we return to our work areas, squadrons, flights, elements, shops, offices, the people, and the e-mail.

What goals can we set which can make a difference where we work and in the Air Force?

If your New Year's resolution list is short, I'd like to suggest an addition sure to make a lasting impact on you and at least one other person: mentor. Just one person.

You pick.

A co-worker, subordinate, peer, child. There is a 100 percent guaranteed return for your investment...the more time you spend, the greater the return.

My father has been one of my primary mentors. His father died at the age of 45 of lung cancer. When my dad found out that he was about to enter "fatherhood," he decided to quit smoking.

This year he will be 62 years young,

and I challenge anyone to last 3 sets of tennis against him.

Now a father myself, I am more grateful than ever that I was raised with more than an admonition not to smoke, but an example, and that my daughter gets to know her grandfather.

Another important mentor in my life is my father-in-law, a retired chief master sergeant.

In 1959, my father-in-law, then a technical sergeant, became a supervisor in an aircraft phase inspection dock at Yokota Air Base, Japan.

He noticed at the end of each work day while everyone else was accounting for their tools and technical data, one airman was way behind on finishing up.

The airman was the slowest member of the phase dock, taking an entire day to do what others did in hours, and leaving his work unfinished.

After the shift, my father-in-law talked to him, and found out that the airman didn't care for phase inspections, nor the Air Force for that matter.

He was waiting to get out and move on with his life.

My father-in-law didn't let him.

Starting the next day, he kept the airman on the job until he finished his work, staying with him until late at night.

After only a few days, the airman got the message. He began to change.

Years later, my father-in-law received a letter from the former airman, now a technical sergeant, thanking him for taking the time to show a young airman what was important.

AFI 36-3401 "Air Force Mentoring" says mentoring is: "...a relationship in which a person with greater experience and wisdom guides another person to develop both personally and professionally."

The AFI also states, "The immediate supervisor or rater is designated as the primary mentor (coach, guide, role model, etc.) for each of his or her subordinates." This takes an investment of time and energy beyond on-the-job training and feedback sessions.

Pick a person, mentor your replacement, prepare them for the future, and may your New Year be successful for both of you!

Maj. W. "Tol" Singer is commander of the 18th Maintenance Operations Squadron.

ACTION LINES

E-mail:

18wg.cchotline@kadena.af.mil

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play.



Brig. Gen. Jeffrey Remington
18th Wing commander

If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into it.

Although not required, it's better to give commanders, first sergeants or the agencies with which you have the concern the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.

AAFES Action Line.....	645-4301
Base Exchange.....	633-4570
Civil Engineer Helpline.....	634-4270
Clubs.....	634-3002
Commissary.....	634-3640
Finance.....	634-1996
Fraud, Waste & Abuse Hotline.....	634-0404
Home Telephone Helpline.....	634-4080
Housing Maintenance.....	634-HOME
Kadena Services.....	634-1719
Medical and Dental.....	632-9304
Safety.....	634-SAFE
Security Forces.....	634-1397

My journey to parenthood nirvana

By Staff Sgt. Melissa Koskovich
18th Aircraft Maintenance Squadron

Out of all of the trials and tribulations of modern day life, nothing has changed and challenged my character more than becoming a parent.

The days of late lazy mornings and long baths faded into the distance, as a new sense of responsibility and ever-present concern blossomed within me.

As I stared into the eyes of my adorable twin boys, I realized that my life, as I knew it, was over.

My reality was abruptly filled with dirty diapers, sleepless nights, and desper-

ate searches for favorite teddy bears.

At first the change floored me; I felt like a stress-laden insomniac doomed to spend my existence tripping over hot wheels and searching for daycare providers.

Then, out of nowhere, the unthinkable happened—it got easier. Unknowingly I had transformed myself from self-centered shopaholic to super mom.

I was amazed. The profound love that I felt for my children had removed my selfishness, motivated me to organize, and driven me to a new level of multi-tasking.

I had become the working mom. Now, as I look back on all of the dilemmas and

I was no longer the center of my world; my axis had shifted to their hearts, and it was worth every bit of the stress and discomfort.

crises I faced on my road to parenthood, it's a wonder I survived.

The one thing that pulled me through was the great love I have for my children. I was no longer the center of my world; my axis had shifted to their hearts, and it was worth every bit of the stress and discomfort. I take my

hat off to anyone that braves the rough road of parenthood.

It's not as easy as it looks, and the experience changes every day.

Despite all of this, the rewards far outweigh the inconvenience. Nothing fills my heart with greater joy than seeing a smile of my boys' faces, and nothing makes me prouder than watching them grow and fulfill their unbounded potential. I guess whoever said, "life's biggest joys come in the smallest packages" was right.

Parenthood has transformed me into a loving selfless person, and the journey continues.



SHOGUN WARRIOR OF THE WEEK



Staff Sgt. Mavora Venzant

82nd Reconnaissance Squadron, NCO in charge of operations intelligence

Hometown: Ocean Side, Calif.

Reason for nomination: Skillfully transformed initial and mission qualification training programs and revamped 110 core task items and formed a database to comply with new Air Force instructions and tested the program.

Time at Kadena: 1 year, 1 month

Time in the Air Force: 6 years

Editor's note : Shogun Warriors are selected by unit leaders for their outstanding value to their unit and dedication to the Kadena mission. To nominate someone, send the name of your nominee to your unit commander or senior enlisted leaders.



18th Wing Commander.....Brig. Gen. Jeffrey Remington
Public Affairs Chief.....Lt. Col. Kevin Krejcarek
Deputy Public Affairs Chief.....Capt. CK Keegan
Public Affairs Superintendent.....Master Sgt. Brad Carder

Kadena Air Base Editorial Staff

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For editorial submissions, send E-mail to kadenashogun.newspaper@kadena.af.mil

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Print 21 at 921-2052. Personal free advertisements are offered by Island Market to readers and are printed on a space-available basis. Ad content does not constitute the official views of and are not endorsed by the U.S. government, the Department of Defense, or the Department of the Air Force.

GIRL SCOUT COOKIES: Girl Scout Cookie Sales kickoff today at Bldg. 3136 from 3 to 9 p.m.; Saturday from 9 a.m. to 6 p.m. and Sunday from 9 to 3 p.m. Booth sales will begin Jan. 16 through Feb. 29 at the Kadena Base Exchange, USO and the post office. Door-to-door cookie sales will start Jan. 17 and continue each Saturday and Sunday from 10 a.m. to 2 p.m. For more information contact the Girl Scout Hut at 634-0753.

ENLISTED ASSIGNMENTS: The Enlisted Quarterly Assignment Listing for overseas returnees within the May-July 2004 cycle will be available Tuesday, according to Air Force Personnel Center officials. AFPC officials say individuals need to work through their military personnel flights to update their preferences by Jan. 30. Airmen will be notified of their selection by mid-February.

PRODUCT RECALL: The National Highway Traffic Safety Administration and the Dorel Juvenile Group, Inc. is conducting a recall campaign on approximately 86,000 Alpha Omega and Eddie Bauer "3-in-1" brand car seats manufactured from Nov. 17, 2000 to Jan. 10, 2001. Models 02-331, 02-332, 02-531, 02-533, 02-537 and 02-555 are affected. AAFES officials say they only sold the Alpha Omega model 02-332. A free repair kit will be mailed to owners who returned their registration cards. Consumers who did not register their product asre advised to check the man-

Not so green



Air Force/Tech. Sgt. Richard Freeland

Kadena-based Master Sgts. Eric C. Marshall, an instructor at the Erwin PME Center and Kimberly K. Carder, NCO in charge of financial analysis with the 18th Comptroller Squadron, show off their new stripes received through the Stripes for Exceptional Performers program Dec. 12.

ufacturing date and model number to determine if their seat is affected. If so, owners should contact Dorel by visiting their website at www.djgusa.com, click on "Safety notices", e-mail at alpharecall@djgusa.com or by writing to: Dorel Juvenile Group, Consumer Relations Department, P.O. Box 2609, Columbus, IN 47202-2609.

WITNESSES SOUGHT: The Ginowan Police Station is seeking information on a hit and run that resulted in the death of a 43-year-old female resident of Ginowan City. The accident occurred at City Street in Aragusuku, Ginowan City between Futenma 2nd Elementary School and Prefectural Road 81 at 5 a.m. on Dec. 14. Any person having

information is requested to immediately notify the nearest police station or the Ginowan Police Station at 898-0110 ext. 415, or contact Hirotoishi Ikehara with the 18th Security Forces Squadron liaison office at 634-2239.

SCHOOL MEETING: Kadena parents are invited to meet and talk with the DoDDS Okinawa District superintendent and her staff at Stearley Heights Elementary School Jan. 22 from 6 to 8 p.m. in the school cafeteria. The meeting is for parents of students at all Kadena schools.

EMPEROR VISIT: The emperor of Japan will visit Okinawa on Jan. 23 and 24 and local police expect heavy traffic jams and limited road service in Naha City, Kochinda Town, Gushikami Village and Itoman City on Jan. 23 from noon to 9:30 p.m. and on Jan. 24 from 9 a.m. to 3 p.m. in Naha and Urasoe cities. Drivers may be requested to stop around major intersections during these times. Local police are asking drivers to refrain from driving in these areas during these times to help alleviate expected traffic jams.

FLIGHT LINE DRIVING REMINDER: The 18th Operation Support Squadron airfield management reminds flight line drivers that only government vehicles or vehicles with a personal vehicle pass are authorized on the flight line. For more information, call the flight line driving program manager at 634-1451 or read 18th Wing Instruction 13-202.

ADVERTISEMENT



Kadena re-addresses child supervision guidelines

By Brig. Gen.
Jeffrey Remington
18th Wing

The safety and welfare of our children is of paramount importance to all members of our base community.

These guidelines apply to all families—whether living on- or off-base.

No guidelines, however, can cover all situations or adequately replace the parents' understanding of the needs of their children.

Specific parental responsibilities are outlined in 18th Wing policy at: <https://www.kadena.af.mil/18wg/18msg/hq/18msg/msghq/memo/CHILD-SUPERVISION-GUIDANCE.doc>.

Child and youth supervision guidelines are also available at: <https://www.kadena.af.mil/18wg/18msg/hq/18msg/msghq/memo/YouthSupervisiongrid.xls>.

When considering whether and how to leave children unsupervised, parents must fully examine what type of assistance will be available to their child in the event of any emergency.

This is very important if the parents will not be available at their residence or at another location near by the child.

In these cases, a specific designated person must be available for the children to contact in the parent's absence. This person must agree and know how to contact the parent.

The children must know

Supervision guidelines for children and youths at Kadena

	Left unsupervised in quarters, playground, or outside of quarters?	Left alone overnight?	Left unsupervised in car?	Babysit siblings?	Babysit others?	Unattended in public areas?	Wife to school?	Left in quarters while parents on vacation or on temporary duty?
Newborn to age 4	NO	NO	NO	NO	NO	NO	NO	NO
Ages 5 to 8	YES Up to 1 hour with physical access to a designated care provider and care provider checking periodically.	NO	YES Up to 15 minutes but car keys must be removed.	NO	NO	NO	YES	NO
Ages 9 to 11	YES Up to 2 hours with physical access to a designated care provider and care provider checking periodically.	NO	YES Up to 15 minutes but car keys must be removed.	NO Except on 15 min. limit for a maximum of two hours.	NO	YES	YES	NO
Ages 12 & 13	YES Up to 12 hours, with an adult checking periodically. Not to exceed overnight.	NO	YES Car keys must be removed.	YES	YES 15 years old or 7th grade minimum. Red Cross babysitting training or equivalent recommended.	YES	YES	NO
Ages 14 & 15	YES Up to 12 hours, with an adult checking. Not to exceed overnight.	NO	YES Car keys must be removed.	YES	YES Red Cross babysitting training or equivalent recommended.	YES	YES	NO
Ages 16 & 17	YES With telephone access to a designated adult.	YES With telephone access to a designated adult.	YES	YES	YES	YES	YES	NO

DEFINITIONS WITHIN THE GUIDELINES

- **ADULT:** Person 18 years or older.
- **BABYSITTER:** Person between the age of 12 and 17 years old (Paid or unpaid).
- **DESIGNATED:** Specific pre-arranged individual who accepts responsibility for child or children.
- **PHYSICAL ACCESS:** Child has the ability to make immediate face-to-face contact.
- **CHECKING PERIODICALLY:** Designated adult and child have physical or telephone contact with each other.
- **LEFT "ALONE" OVERNIGHT:** Without parent or designated adult physically present.
- **RECREATIONAL AREAS:** Parks, playgrounds and sportsfields.

CURFEW RESTRICTION RULES AND TIMES

- ON BASE:** All under 18 years old must be in their quarters or with a parent or designated adult within Kadena Air Base legal boundaries to include Chikara, Camp Shields, O'Donnell Gardens military family housing and Kadena Marine during the following times:
- Sunday through Thursday, 10 p.m. to 6:30 a.m.
 - Friday through Sunday, midnight to 6:30 a.m.
 - American Holidays: midnight to 6:30 a.m.
- OFF BASE WITHIN OKINAWA PREFECTURE:** Everyday, 10 p.m. to 4 a.m.

SOURCE: 18th Wing

AIR FORCE Master Sgt. Adam Johnson

who the person is and how they can contact him/her for assistance in the absence of their parent. Recreational areas are not substitutes for parental supervision.

Parents should not leave children unattended in recreational areas (parks, playgrounds, sports field, etc.) without a parent or other provider checking on their status in accordance with the

child supervision guidelines.

When leaving children 12 and over overnight, the sitter must be at least sixteen years of age.

Parents must provide overnight sitters with complete emergency information and an appropriate plan of action in case of a medical emergency—to include who may consent to medical treatment for their child in the

absence of the parent.

Failure to follow the above guidelines poses a serious risk of harm to your children.

For this reason, violations of these standards can result in adverse action against military or civilian employee sponsors in accordance with governing regulations; in addition, sponsors and dependents can face action before the Kadena Disciplinary Action

Program. Bottom line, you owe it to your children to ensure their safety. Take the time to plan in advance how your children will be supervised and protected.

For more information about this policy, call Tech. Sgt. John Oblinger, 18th Security Forces Squadron, at 634-1419.

General Remington is the commander of the 18th Wing.

STAR: 'We knew we were hitting with precision'

Continued from Page 1

But it's the ability of Chief Duncan to ensure bombs could be dropped successfully and accurately on target that helped him garner one of the top medals in the military.

According to official Air Force documents, "Chief Duncan's combat munitions plan was so successful, it ensured over 5,000 coalition combat sorties had the best weapons for the selected targets to eliminate enemy resistance."

Chief Duncan, a member of the 18th Munitions Squadron, resisted being anything but overly humble when asked about receiving the Bronze Star.

"It's recognition which is nice, but the real reward was going to fight a war. Especially rewarding was to be in the service all this time and to be able to go and put the skills you've learned to work and finally be able to see the rewards of it," said the 26-year Air Force veteran.

The chief said he got to see the results of his and his 400-person ammo staff on FOX News and in classified mission videos.

"I'm not sure if the public was so 'shocked and awed' but we knew who we were hitting with precision and it was a great morale builder for the airman to see the fruits of their labor when they did get to see the mission videos," he said.

According to Chief Duncan's award citation, the

"His direction and leadership allowed for the accurate employment of over 7,000 precision guided and general-purpose munitions on the Iraqi military."

Chief Master Sgt. Greg Duncan's
Bronze Star Citation

chief was: "instrumental in projecting lethal combat firepower with United States Central Command's area of responsibility. His insightful knowledge of munitions operations was pivotal in the wing's successful execution of Operation IRAQI FREEDOM.

"His direction and leadership allowed for the accurate employment of over 7,000 precision guided and general-purpose munitions on the Iraqi military."

"I've worked with him coming up on six months now and his knowledge of ammo is tremendous," said co-worker Capt. Chad Heyen, maintenance operations officer with the 18th MUNS. "You will find very few who can compete with Chief Duncan on his knowledge of munitions," Captain Heyen said.

Air Force official documents agree with the captain's appraisal. According to the award citation, the chief's vast knowledge of munitions systems helped

quickly identify and fix problems with decoys, flares and guidance malfunctions. "His implemented solutions immediately increased the survivability of the wing's pilots, increased the munitions effectiveness, and reduced the need to reengage the hostile target for a second time."

The chief didn't know what he planned on telling his grandchildren about his war experience but he did acknowledge that the capture last month of Saddam Hussein did put his mind at ease.

"You go over there and worry your efforts were for naught," he said. "We could have never left if we didn't catch him and now we have that possibility and the Iraqi people won't have to live like they did before. Knowing they've got a future now is one of the more rewarding things that'll come out of the war."

Chief Duncan is the third member of Kadena to receive the Bronze Star in the last year. Last November, Lt. Col. Robert Mitchell, 18th Aircraft Maintenance Squadron commander, received the medal for distinguished acts and meritorious service while deployed to Al Udeid Air Base, Qatar in support of Operation IRAQI FREEDOM.

Master Sgt. Daniel Arvin of the 18th Security Forces Squadron also received the Bronze Star last May while deployed for a year to the U.S. Central Command's Joint Security Directorate as part of Operation ENDURING FREEDOM.

Commissary officials sensitive to beef concerns

By Bonnie Powell
Defense Commissary Agency

FORT LEE, Va. - Officials at the Defense Commissary Agency are closely monitoring the ever-changing situation involving a case of bovine spongiform encephalopathy (BSE), also known as "mad cow" disease, identified Dec. 23 in a single cow in Washington state.

Since Dec. 23 the U.S. Department of Agriculture has conducted a limited recall of 10,000 pounds of beef that may originate from the infected cow and from cows slaughtered at the same time and location.

"No beef in any of our 275 commissaries worldwide has been involved in a USDA recall," said Col. Mark Wolken, chief of public health, safety and security for DeCA.

"The USDA has stated that the U.S. beef supply is safe and that the beef recall resulted from an abundance of caution, not fear that the meat is infected. Should the USDA make a

AAFES works with franchises, suppliers to ensure beef safety

DALLAS - AAFES officials say their franchises and suppliers have acknowledged that they have not received any beef from Washington State. "AAFES is working with franchise partners and suppliers to ensure all the beef AAFES uses is procured from sources other than Washington State," says AAFES official Richard Sheff. "Whether enjoying a hamburger or a pizza at any of our restaurants, customers should know that food being served at AAFES facilities is purchased only from Department of Defense approved sources." AAFES officials say they will continue to monitor the beef quality situation. He also said these efforts will "ensure AAFES customers receive food products of the highest quality."

determination that there is a danger, DeCA would be first to react to protect the health of our customers," he said.

Since the first U.S. case of BSE was identified Dec. 23, commissary customers have raised questions about the safety of beef purchased at their local commissary.

Questions range from "should I return the ground beef I bought last week?" to "has my commissary received meat from the infected cow?"

The answer to both questions is "no" said Colonel Wolken, an Army

veterinarian. "As is always the case, customers who wish to return commissary products for a full refund may do so without question. The brain, spinal cord, and lower intestine - where the protein or 'prion' that is believed to cause BSE is found - is not generally used in food consumed by Americans. Those parts were removed from the infected cow before any of it could enter the meat supply." USDA investigators have determined that the recalled meat went to a few commercial markets in Alaska, Hawaii, Idaho,

Montana and Guam as well as Washington state, Oregon, California and Nevada. "No commissaries received any of those shipments," Colonel Wolken emphasized. "But I can certainly understand customers having concerns and questions. We're all affected by this - we're all concerned."

Mad cow is a fatal disease that destroys the brains of the infected animal. It is caused in cattle by misshapen proteins called prions and is thought to be spread from animal to animal through contaminated feed.

A rare form of the disease in humans known as variant Creutzfeldt-Jakob Disease has been linked to the consumption of contaminated beef products. The approximately 140 deaths linked to "mad cow" since the mid-90s have mainly been in Britain. For the latest developments as well as for links to the USDA and other information on recalls and food safety, commissary customers should check the food safety link at <http://www.commissaries.com>.



Air Force/Airman 1st Class Nick Martin

U.S. Navy Lt. Michael "Bobby" Orr is the first pilot from another branch of the U.S. military to fly the B-2 stealth bomber. He will be assigned to the 509th Operations Support Squadron at Whiteman AFB, following an extensive training program.

Navy Prowler pilot trains to fly B-2

NAVAL AIR STATION WHIDBEY ISLAND, Wash. - While the B-2 bomber has already seen many milestones in its first 10 years, the 394th Combat Training Squadron is currently training the program's first Navy pilot, who will fly his first B-2 sortie here next month.

Lt. Michael Orr, a native of California, has been flying the EA-6B Prowler for the Navy since 1998 and began his B-2 training in April.

Since the Prowler helps the B-2 elude radar through electronic attack, the 509th Operations Support Squadron (OSS) began bringing Prowler students from Naval Air Station Whidbey Island, Wash., to Whiteman Air Force Base, Mo., in 2000 to teach them about the B-2 mission. Lieutenant Orr was one of the students in the second class to visit Whiteman and that was when his assignment with the 509th Bomb Wing (BW) started to take shape.

"While I was out here, I started talking to some of the guys in the OSS and I asked them how you become a B-2 pilot," he said. "And I just happened to casually say, 'Well, have you ever had a Navy B-2 pilot?'"

The response Lieutenant Orr received was not what he expected he was asked that day what he would be doing in a couple years. Once he completes training he will be assigned to the 509th OSS as the wing electronic warfare officer, working on projects to maximize the B-2's stealth capability.

Lt. Col. Brian O'Rear, 509th OSS commander, said the 509th benefits tremendously from having Lieutenant Orr integrated in the B-2 program. "We usually go to war with EA-6B support, and strengthening our ties with that community is mutually beneficial. It makes the whole team stronger," said Colonel O'Rear.

Operation Hero Miles expands

By Army Sgt. 1st Class
Doug Sample
American Forces
Press Service

WASHINGTON - Alice Rodgers, a single mother, paid more than \$1,000 for round-trip tickets from Tipton, Iowa, so she and her daughter, Lindsey, could visit her son. He is recuperating at Walter Reed Army Medical Center from wounds he suffered in an ambush in Iraq.

However, when Mrs. Rodgers returns for her next visit, the trip will be far less expensive - it will cost her nothing.

Maryland Rep. C.A. "Dutch" Ruppersberger handed 680 free airline tickets to David Coker, executive director and vice president of operations at the Fisher House Foundation in late December. The foundation is a nonprofit organization that provides temporary living quarters to military families visiting loved ones at military hospitals. The congressman said the free airline tickets are part of a new expansion of Operation Hero Miles, a program he created to provide airline tickets to servicemembers on emergency or rest and recuperation leave.

The program now includes free airline tickets to family members traveling to visit loved ones injured during operations Iraqi Freedom and Enduring Freedom and recovering at military hospitals throughout the country, he said. "We decided to expand this program even (further), because our program is about helping the troops - the men and women who are putting



Defense Department/ Sgt. 1st Class Doug Sample

Maryland Rep. C.A. "Dutch" Ruppersberger presents 680 free airline tickets to David Coker, executive director of the Fisher House. The tickets are part of "Operation Hero Miles," which the congressman announced will expand to provide free airline tickets to family members.

their lives on the line for our freedom and liberty in Iraq and Afghanistan," Representative Ruppersberger said, adding that having family close by helps the healing process. The tickets were compliments of Anheuser-Busch, whose employees donated their frequent-flyer miles to the cause. So far more than 365 million frequent-flyer miles have been donated to Operation Hero Miles, enough for some 14,800 free round-trip tickets for troops, Ruppersberger said. Mrs. Rodgers left her job to come to Walter Reed shortly after her son, Spc. Joe Gottschalk, arrived here Dec. 4.

Specialist Gottschalk, of the Iowa National Guard's 2133rd Transportation Unit, was wounded in an ambush on his convoy near the Syrian border Nov. 29, the day after his birthday. Gottschalk was shot in the head; the bullet entered the back of his neck and shattered his jaw. His close hometown friend, Army

Sgt. Aaron Sissel, riding alongside him, was killed. Sergeant Sissel's mother, Jo Sissel, wearing a button with her son's photo, said that although since her son's death she is no longer considered part of the military, she hopes to benefit from the program.

She and daughter, Shanna, also paid large sums for their tickets to Washington, coming here to lend support to the Rodgers family.

The donated airline tickets will be available to relatives or friends of inpatients as identified by the wounded or injured servicemembers and validated by the medical center staff. Family members should not contact the Fisher House Foundation, but should make their desires known to the hospitalized servicemember. The program includes complimentary airline tickets only. There are no provisions for assistance with local travel, overnight accommodations, meals or other expenses, officials said.

Airman provide relief for Afghan village



Air Force/ Tech. Sgt. Brian Davidson

Chief Master Sgt. Timothy Sydnor visits with a child here during the 455th Expeditionary Operations Group's delivery of humanitarian supplies Dec. 31. Chief Sydnor is the 455th Air Expeditionary Wing command chief.

By Tech. Sgt. Brian Davidson
455th Expeditionary Operations Group Public Affairs

BAGRAM AIR BASE, Afghanistan — An adolescent Afghan girl watched protectively over a group of small children as they looked for winter clothing amidst a pile of boxes containing humanitarian relief supplies. As crowds of people from neighboring villages pressed their way forward, the girl stood her ground and pushed people back from the children.

The supplies were delivered to Jangadam Village on Dec. 31 by 455th Expeditionary Operations Group airmen as part of their "Adopt a Village" program.

A village elder showed Lt. Col. John Bernier, 455th Air Expeditionary Wing flight safety officer, and Chief Master Sgt. Timothy Sydnor, 455th AEW command chief, the village water supply, a small, stagnant pond of brackish water that sits in the center of town.

On one edge of the village, Staff Sgt. Crystal Whittaker, a 455th EOG security forces specialist, took up a security position to protect airmen who were delivering the supplies.

"The people I encountered today were not terrorists but human beings searching for happiness and peace in their lives."

In contrast, just a few feet from Sergeant Whittaker, village women, covered head to toe in their blue burkas, covered behind the wreckage of an old, burned-out Soviet military truck, trying to hide from view of the men.

Men serving as self-appointed village security stood nearby with their AK-47s as the crowd of villagers grew.

The mood was tense among the airmen unloading supplies as people began to tear at the boxes. Security forces airmen kept the situation from getting out of hand to ensure the supplies went to the intended recipients.

The airmen of the 455th EOG are deployed to Afghanistan on a mission to engage and capture terrorists, and to significantly reduce the chance for future attacks on America and the rest of the

world. They are also here to provide an environment of peace and stability and to help the Afghan people grow, prosper and be free. The Adopt a Village program is aimed at this second mission.

Airmen here collect clothing, school supplies, basic food and household items donated from families, churches and civic organizations back home, and then travel throughout the region to make their deliveries. Providing this humanitarian aid is not without risk. Airmen must wear body armor and travel in convoys with armored vehicles and heavy guns, as they make their way along muddy narrow roadways surrounded by minefields.

"Naturally, I was a little apprehensive about going (off base), but I was put more at ease when I saw the smiles and received the handshakes and well wishes from the villagers," Chief Sydnor said. "I only wish the media at home placed more emphasis on the great things American military members are doing over here. The people I encountered today were not terrorists but human beings searching for happiness and peace in their lives."

AF convoys end in Iraq

By Staff Sgt. Chris Stagner
332nd Air Expeditionary Wing Public Affairs

TALLIL AIR BASE, Iraq (AFPN) — With the closure of the Tallil Tavern Dining Facility, the dangerous 150-mile convoy trip from here to Kuwait has ended for the Air Force convoy team.

"Most of the convoys were for food supplies," said Chief Master Sgt. Scott Dearduff, 332nd Expeditionary Security Forces Squadron superintendent. "With the closure of the dining hall there is no longer a need for them."

The 332nd ESFS convoy fire team made more than 50 trips during the current rotation, transporting about 5,000 tons of supplies valued at more than \$2 million, Chief

Dearduff said.

Hazards for convoys ranged beyond the dangers of enemy attacks, said Tech. Sgt. Judson Lamoree, 332nd ESFS convoy commander.

"The [local] drivers are very unpredictable," Sergeant Lamoree said. "It gets really crazy sometimes."

Besides the dangers of the traffic, improvised explosive devices were a concern for the convoys traveling through Iraq.

Some people have been attaching explosive devices to animals, Sergeant Lamoree said.

This practice turns a herd of camels crossing the street, or a herd of sheep walking beside it, into a possible danger. The convoys did not stop unless it was necessary.

"We (didn't) stop the convoy for anything other than assisting someone in a fire-fight," said Airman Michael Holder, 332nd ESFS convoy fire team member. "It's (being a convoy fire team member) something I've never done in this career field. It's something not a lot of cops get to do. Plus, it (let) me get out and see the country."

With the convoys finished, a number of airmen moved to different roles within the security forces squadron, which was good for the security forces mission here, Chief Dearduff said.

"They have been absorbed back into the installation security scheme, making more troops available to work a more effective duty schedule," he said.



Air Force/ Staff Sgt. C.E. Lewis

Airman Michael Holder stands guard as a herd of camels cross the road during a convoy Dec. 29. Animals can carry improvised explosive devices, and security forces airmen must treat them as hazards. Airman Holder is assigned to the 332nd Expeditionary Security Forces Squadron at Tallil Air Base, Iraq.

New Year brings hope for families of POW/MIAs

WASHINGTON - The new year brings new hope for families of the more than 88,000 Americans who are still missing from World War II, the Korean War, the Cold War, the Vietnam War and the 1991 Gulf War.

More than 600 U.S. specialists work every day around the world to locate and identify these loved ones, said Deputy Assistant Secretary of Defense for Prisoner of War/Missing Personnel Affairs Jerry D. Jennings.

Mr. Jennings recently led meetings in Bangkok, Thailand, with North Korea representatives to discuss arrangements to conduct five joint operations to recover the remains of American service members still missing from the Korean War.

Operations for 2004 in North Korea are scheduled to begin April 24 in Unsan County, about 60 miles north of Pyongyang, and near the Chosin Reservoir.

Additional operations are slated to begin May 29, July 3, Aug. 7 and Sept. 11. Each will last about a

month.

In 27 operations since 1996, American and North Korean teams working in North Korea have recovered the remains believed to be those of 186 American service members.

Fourteen of these have been identified and returned to families for burial, while the others continue to be analyzed.

More than 8,100 Americans still are missing from the Korean War.



Air Force/ Staff Sgt. Amanda Edwards

Mihama American Village

Kadena residents looking for a place to shop, grab a bite to eat, or just catch a nice glimpse of the waterfront can visit Mihama American Village in Chatan Town. The area has dozens of restaurants, clothing stores and various forms of entertainment, including occasional live band performances in the market square and a movie theater. Mihama American Village is located approximately five kilometers south of Kadena on Route 58 (across from Camp Lester).

Kadena Activities

House Cleaning & Lawn Care Service: Outdoor Recreation now offers house cleaning and lawn care services. For more information, call 634-3630.

Clubs

Wednesday: *Membership Night*, 5 to 7 p.m. at the Banyan Tree. Complimentary buffet-style dinner. Arrive early, as space is limited. Club members and their spouse eat free. No children please; *Adult Membership Night*, 5 to 7 p.m. in the Kudaka Ballroom at the Kadena Officers' Club. Complimentary buffet-style dinner. Primary Club members may bring their spouse or one eligible guest. Open to Kadena Officers' Club members 20 years and older. Adults only, no children please. *All-you-can-eat crab legs*, 5:30 to 9 p.m. in the Flame Room. Open to all ranks and services, members, \$17.95, Nonmembers, \$19.95.

Outdoor Recreation

Whale Watching: Humpback whales make their annual migration to waters off Okinawa from January through the end of March. At the peak of the season there are estimated to be over one hundred whales in the area at any given time. Kadena Marina offers whale-watching tours which will give a full view of these mighty mammals. Private or group reservations are available, contact the Kadena Outdoor Recreation at 634-6344.

Kadena ITT

Saturday : *le Island one-day tour.*

Sunday : *Coming of Age tour, Battle of Okinawa tour.*

Wednesday: *Tea ceremony.*

Jan. 16: *Bath House tour.*

Schilling Community Center

Saturday : *Family Bingo*, Cards go on sale at 1 p.m. and play begins at 2 p.m.; Tabletop Warriors Club, 10 a.m. to 10 p.m. Warhammer, Warhammer 40K, Battletech, Dungeons & Dragons and Magic the Gathering.

Schilling Community Center classes

Kumon Math (ages 5 to 8) : *Wednesdays & Fridays from 3 to 5:40 p.m. (40-minute sessions).* Discover the Kumon method of learning mathematics, an individualized method that can help children excel in math and develop superior study habits regardless of age or skill level.

Okinawan Dance : *Wednesdays from 5 to 7 p.m.* Learn traditional expressive dance forms unique to the island.

Salsa Dance (ages 18 and up): *Tuesdays and Thursdays from 6 to 7 p.m. for beginners and from 7 to 8 p.m. for advanced.* Learn Salsa and Mambo dance steps, partner turn patterns, and solo footwork.

Tai Chi Chuan (ages 18 and up): *Tuesdays and Thursdays from 5 to 6:30 p.m.*

Japanese Conversation (ages 18 and up): *Tuesdays from 7:30 to 9 p.m.* Make friends with your Okinawan neighbors by learning their customs, culture and practical conversation.

Japanese Calligraphy (ages 18 and up): *Thursdays from 6:30 to 8:30 p.m.* This is a new class.

Cake decorating (ages 18 and up): *Mondays and Thursdays from 11 a.m. to 12:30 p.m.* Learn techniques for mastering the basics of cake decoration.

Saxophone, Flute and Clarinet (ages 5 and up): *Saturdays from 7 a.m. to noon. (One-hour session each).*

Youth Center

Fine Arts Club (ages 9 through 12) : *Mondays from 4:30 to 5:30 p.m.*

Torch Club (ages 9 through 12) : *Wednesdays from 4:30 to 5:30 p.m.*

Power hour (ages 9 through 12) : *School days from 2 to 5 p.m.*

Photo club (ages 9 through 12) : *Second and fourth Tuesdays of each month from 4:30 to 5:30 p.m.*

Movies

Patrons should call Keystone Theater at 634-1869 or Butler Theater at 645-3465 to verify movie titles, showtimes and ratings.

Keystone Theater

Tonight: 7:30 p.m., *Tops in Blue.* Free family event. Drawings for prizes and giveaways at the show.

Saturday : 7:30 p.m., *Tops in Blue.* Free family event. Drawings for prizes and giveaways at the show.

Tuesday: 7 p.m., *The Matrix Revolutions, R*

Wednesday: 7 p.m., *Elf, PG*

Thursday: 7 p.m., *Lord of the Rings: Return of the King, PG-13*

Jan. 16: 6 p.m., *Radio, PG; 9 p.m., Lord of the Rings: Return of the King, PG-13*

Foster Theater

Today: 6:30 p.m. *Lord of the Rings: Return of the King, PG-13; 10:30 p.m., Runaway Jury, PG-13*

Saturday : 10 a.m. *Lord of the Rings: Return of the King, PG-13; 2:30 p.m. Elf, PG; 5 p.m. & 9:30 p.m. Lord of the Rings: Return of the King, PG-13*

Sunday : 10 a.m. *Lord of the Rings: Return of the King, PG-13; 2:30 p.m. Elf, PG.*



Chapel

Catholic

Mon-Fri. : Mass, noon at Chapel 2
Saturday : Confession, 3:30 to 4:30 p.m. at Chapel 2; Vigil Mass, 5 p.m. at Chapel 2
Sunday : Mass, 8:45 a.m. at Chapel 3; 12:30 p.m. and 5 p.m. at Chapel 1

Protestant

Wednesday : Bible Study at 7 p.m. at Chapel 1.
Sunday : Inspirational, 8:30 a.m. at Chapel 2; Liturgical, 8:45 a.m. at Chapel 3; Evangelical, 9 a.m. and 10:45 a.m. at Chapel 1; General Protestant, 10:30 a.m. at Chapel 3; Gospel, 10:30 a.m. at Chapel 2; Sunday school at 10:45 in Bldg. 326 and Bldg. 327

Hindu service: 4 p.m. Sunday at Chapel 1

Eastern Orthodox service: call 645-7486

Jewish services: call 637-1027

Islamic services: call 636-3219